

PPEPCARE Autism Awareness resource list

General resources:

National Autistic Society: <http://www.autism.org.uk/>

My Autism and Me: Documentary made by Rosie (aged 13) for Newsround. An excellent introduction to ASD. <http://www.bbc.co.uk/newsround/15655232>

How Autism freed me to be myself: talk given by Rosie (aged 16) challenging the stereotypes of ASD. <http://www.tedmed.com/talks/show?id=292940>

Research Autism: www.researchautism.net

Curly hair project (supporting girls with autism) <https://thegirlwiththecurlyhair.co.uk/>

Techniques:

Visual supports: <http://www.autism.org.uk/about/strategies/visual-supports.aspx>

SPELL framework: <http://www.autism.org.uk/about/strategies/spell.aspx>

Social stories: <http://carolgraysocialstories.com/social-stories/>

Useful books

Attwood, T. (2007) *The Complete Guide to Asperger's Syndrome*. Jessica Kingsley Publishers

Notbohm, Ellen (2012). *Ten things your child with autism wishes you knew*. Second edition. Future Horizons.

Welton, Jude (2003) *Can I tell you about Asperger Syndrome: a guide for family and friends*. Jessica Kingsley Publishers

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Websites

Anxiety BC: <http://www.anxietybc.com>

Five point scale : <http://www.5pointscale.com>

Emotion regulation ideas:

<http://autismteachingstrategies.com/>

<http://www.senteacher.org/print/social/>

Do to learn: <http://dotolearn.com>

Books

Attwood, T (2011). *The Complete guide to Asperger Syndrome*. Jessica Kingsley Publishers.

Buron, K. (2003) *The incredible 5-pt scale*. APC Publishing.

Chalfant, A. (2011). *Managing anxiety in people with autism. A treatment guide for parents, teachers and mental health professionals*. Woodbine House

Books for children and young people

Al-Ghani, H. (2013). *The Panicosaurus. Managing anxiety in children including those with AS*. *Jessica Kingsley Publishers*

Al-Ghani, K (2008). *The Red Beast: Controlling anger in children with Asperger syndrome*. *Jessica Kingsley Publishers*.

Altiero J. (2006); *No more stinking thinking: a workbook for teaching children positive thinking*. *Jessica Kingsley Publishers*.

Amos, J. (2011). *Afraid* CherryTree Books

Aspden, K. (2016). *Help! I've got an alarm bell going off in my head. How panic anxiety and stress affect your body*. *Jessica Kingsley Publishers*

Buron, K (2013). *When my worries get too big; a relaxation book for children who live with anxiety.* AAPC publishing.

Collins-Donnelly (2013) *Starving the anxiety gremlin. A CBT workbook on anxiety management for young people.* Jessica Kingsley Publishers (note there are 2 versions for different ages)

Fiorile, S and McDonagh, B. (2014). *Scardies Away!* (ages 6-12)

Moses, B and Gordon, M. *I feel frightened.* Hodder Wayland Publishers. (key stage 1 and 2)

Rowe, A. 2014. *The Girl with Curly Hair. Asperger's syndrome and anxiety.* Lonely Minds Books.